



APD NEWS

Public Information Office: (512) 974-5017

715 E. 8th St. Austin, Texas 78701

FOR IMMEDIATE RELEASE

May 13, 2008

Contact: Public Information Office, 974-5017

Three Austin Police Officers win Central Region "911 Fitness Challenge"

Three Austin Police Officers participated in the 10th annual "911 Fitness Challenge". The competition is a 12-week nationwide program that began on January 2, 2008, and ended on April 2, 2008. It is a weight loss contest for public safety teams to gain muscle and lose fat. The proceeds from the registration benefits Shriner's Hospitals for Children.

The Regions include Southeast, Central, Western, and Northeast. The winning team from each region received \$5,000 cash; an all expense paid trip to Las Vegas, NV, and a feature in *Men's Fitness Magazine*.

"Fitness Challenge Participants ultimately learn and experience how to improve their fitness level, compete with their peers, friends and family and contribute to the welfare of children who struggle with physical disabilities. Every person, however they are involved is a winner."

Team "Law Dawgs for Jesus" which consisted of Senior Police Officer Chris Gray, Detective Doug Rice, and Detective Sam Shurley came in 1st place for the Central Region. They beat out the 2nd place team by 8.81 percent. 28 teams completed the challenge from the Central region.

Visit www.911fitness.com for more information on the annual competition.

